

# Baby Feeding Cues (signs)

## EARLY CUES - "I'm hungry"



- Stirring



- Mouth opening



- Turning head
- Seeking/rooting

## MID CUES - "I'm really hungry"



- Stretching



- Increasing physical movement



- Hand to mouth

## LATE CUES - "Calm me, then feed me"



- Crying



- Agitated body movements



- Colour turning red

## Time to calm crying baby

- Cuddling
- Skin to Skin on chest
- Talking
- Stroking



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# Ten Ways We Support Mothers and Babies to Breastfeed



1. Our staff are guided by a current breastfeeding policy
2. Our staff are provided with up-to-date information and education to help you breastfeed
3. We provide opportunities during your pregnancy for you to learn about breastfeeding
4. We encourage you to hold your baby in skin-to-skin contact and help you to recognize when your baby is ready to feed (baby feeding cues)
5. We will help you to breastfeed and show you how to express your breast milk, even if you are separated from your baby
6. Your baby will only be given your breast milk, unless there is a medical reason
7. We encourage you and your baby to be together at all times
8. We encourage you to breastfeed in response to your baby's feeding cues
9. We discourage the use of dummies and teats as they can interfere with establishing breastfeeding
10. We will help you find local breastfeeding supports

**Babies who are sick or premature may require additional support to establish breastfeeding.**

*Adapted from the Unicef/WHO "Ten Steps to Successful Breastfeeding"  
- Baby Friendly Health Initiative (BFHI)*

*Staff can access the RBWH Breastfeeding Policy 20902/WNS via the QHEPS website*



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